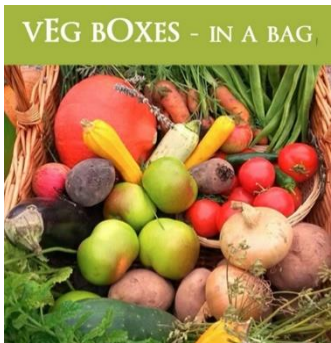
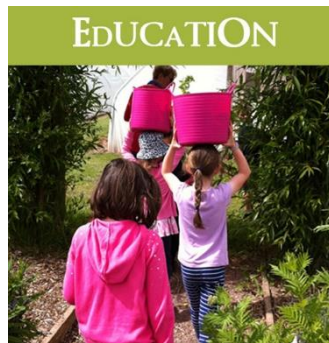




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OUR
 LIBRARY OF
 RECIPES IS
 GRADUALLY
 BUILDING



EVENTS AND
 NEWSLETTERS
 ADDED AS
 THEY HAPPEN

Events coming up

This Saturday 3rd Feb, Seed Swap's annual event. The Court Yard, Hereford - 10-2pm
 Saturday 10th Feb- Leominster Seed Swap; 10-1pm; Leominster Priory
Garden volunteer days continue every second Wednesday in the month with 5-6 people turning up on a regular basis.. a great team making the management of the garden so much easier. Our next session is Wednesday 14th February. ALL WELCOME

Whats cooking-Over the next 2 weeks we will have in our Veg Bags

- Apples- good for smoothies, crumbles, adding to cereals, lunchboxes,
- Pears- good for tarts, pies, stewing, lunchboxes, smoothies,
- Potatoes- mashum, bakeum, potato wedgum,
- Carrots- soups, stews, roasted, stirfries
- Onions- soups, stews, roasted, stirfries
- Turnips- great in mash, on their own with lots of butter and pepper or roasted
- Cabbage- steam or stirfry with added nuts and seeds.
- Calabrese/ Broccoli- stirfry, currify, steam.
- Leeks I love them in tarts, soups, stews
- Mushrooms- fried in butter with lots of pepper.
- Squash - Great all rounder, stuff, roast. Kale- Crispy on a salad, or stirfy
- Red cabbage - sliced into winter slaw
- Parsnips great for soups, curries, roasted and Beetroot- ooh- winter salad and roasted



Before and after peeled and cubed mixed roast veg.. great for salads, side veg, curries, so sweet and tasty



CHECK OUT RECIPES ON www.growinglocal.org.uk AND www.eatyourveg.co.uk
 Both Growing Local's and Louisa's website offer a vast library of simple easy to cook recipes tried and tested by US.